



WHATSheATE



BREAD PUDDING (PUDIN DE PAN)



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



504 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 14 oz condensed milk canned
- ☐ 4 eggs beaten
- ☐ 3 cups milk
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 1 loaf bread white cubed

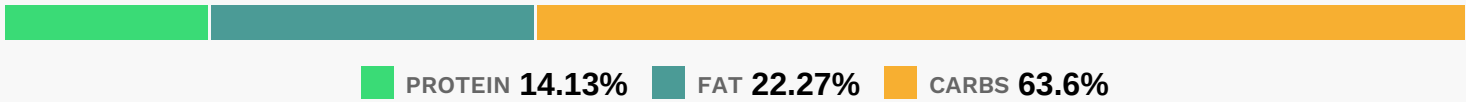
Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Place the bread in a large baking pan and bake in a 400° F oven about 5 minutes.In a large mixing bowl, whisk together the milk, condensed milk, vanilla, cinnamon, and the beaten eggs and mix well.
- ☐ Add bread cubes to milk mixture.
- ☐ Let it stand for appromaximately 20 minutes or until bread absorbs most of the mixture.
- ☐ Pour the bread-pudding mixture into a baking pan.
- ☐ Bake uncovered in a 350° f oven for 1 hour or until a knife inserted into the center comes out clean.
- ☐ Remove from the oven and allow to cool completely, then refrigerate for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:31.11, Glycemic Load:52.26, Inflammation Score:-6, Nutrition Score:18.0613043386%

Nutrients (% of daily need)

Calories: 504.01kcal (25.2%), Fat: 12.41g (19.09%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 79.72g (26.57%), Net Carbohydrates: 77.73g (28.27%), Sugar: 42.45g (47.17%), Cholesterol: 109.69mg (36.56%), Sodium: 534.68mg (23.25%), Alcohol: 0.56g (100%), Alcohol %: 0.28% (100%), Protein: 17.72g (35.43%), Selenium: 35.59µg (50.85%), Calcium: 445.98mg (44.6%), Vitamin B2: 0.64mg (37.64%), Phosphorus: 357.68mg (35.77%), Vitamin B1: 0.54mg (35.72%), Folate: 110.15µg (27.54%), Manganese: 0.53mg (26.55%), Vitamin B3: 4.27mg (21.35%), Iron: 3.35mg (18.59%), Vitamin B12: 0.91µg (15.14%), Vitamin B5: 1.51mg (15.07%), Potassium: 453.92mg (12.97%), Zinc: 1.88mg (12.51%), Magnesium: 49.7mg (12.43%), Vitamin D: 1.55µg (10.3%), Vitamin B6: 0.2mg (9.86%), Vitamin A: 400.53IU (8.01%), Fiber: 1.99g (7.95%), Copper: 0.13mg (6.57%), Vitamin E: 0.54mg (3.63%), Vitamin C: 1.29mg (1.57%)